

Be Strong: From the Inside Out

Reviewer Comments

Reviewer 1 Comments:

- I really liked the vision of this curriculum. If there was a way that the lessons and activities could apply to both a male and female audience I think this program would be very effective for the target audience.
- The section “Body/IB” does a great job with understanding healthy sexuality and understanding consensual sexual activity for females. Also the approach of healthy living with regard to healthy relationships and sexuality not always addressed. I liked this approach.
- Addressed all aspects of social ecology effectively
- Addressed the importance of planning for the future and developing attainable goals. Gives the ability to check in and follow-up after sessions and when curriculum is complete. Audience given appropriate tools for future planning.
- Activities appear to be interactive while generating good conversation based on topics addressed.
- Great job with age appropriate activities and lessons. However, with the target audience only being female, I would not consider this a common causal foundation. If applied to males as well, yes.
- Content and information both developmentally and age appropriate.
- This curriculum is great for addressing women’s issues as they apply to culture. When focusing on schools there is no male component which is necessary to meet the needs of all participants.
- If the focus was not just for a female audience, I would have scored higher. Limited support for teachers with a coed classroom.

Reviewer 2 Comments:

- Be Strong provides a gender specific curricula for adolescent girls. The program seeks to foster resilience and pro-social skills among young women.
- Strengths:
 - The program was developed in collaboration with the population of interest; it is relevant to youth culture and encourages modification to help the program serve diverse communities.
 - The program encourages discussion of power inequities and how they influence behaviors across the social ecological framework

- Strong practice components foster healthy relationship skills; skill building practice goes beyond teen dating relationships to include relationships with self, family, peers and community.
- Evaluation process and instruments are included.
- Limitations
 - Participants are guided through an analysis of risk and protective factors across the SEF, but activities are centered at the individual and relationship levels.
 - Ideas for future leadership opportunities at the community level are discussed, but not structured, follow-up leadership projects are not part of the curriculum.

Reviewer 3 Comments:

- This seems like a good curriculum though some of the activities don't seem appropriate for the intended audience. I like the way it addresses gender equality though it could probably address some other systemic oppressions as well. I'm not sure this curriculum is appropriate for all environments, however. It was piloted and mostly used with a small group of "at risk" girls. Some of the language/scenarios/etc. may not work in rural Indiana.